

WIC Cooks!

Breakfast Bulgur Porridge

Makes 2 servings

- 1 cup nonfat or 1% milk
- 1/2 cup medium-grind bulgur
- 1/4 teaspoon salt (optional)
- 1 cup water



Recipe adapted from
marthastewart.com

1. In a medium saucepan combine milk, bulgur, salt (if using) and 1 cup water.
2. Bring to a boil.
3. Reduce heat to medium and simmer, stirring occasionally, until bulgur is tender (about 10-15 minutes) and mixture is the consistency of oatmeal.

Serving options:

Top with nonfat or 1% milk and/or low fat yogurt.

Top with fruit such as strawberries or blueberries.

Nutrition Facts

Serv. size 1/2 recipe (158g)
Servings 2
Calories 160
Fat Cal. 5

* Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/Serving	%DV*	Amount/Serving	%DV*
Total Fat .5g	1%	Total Carb. 33g	11%
Sat. Fat 0g	1%	Fiber 6g	26%
Trans fats 0g		Sugars 6g	
Cholest. less than 5mg	1%	Protein 8g	
Sodium 55mg	2%		
Vitamin A 4%		Vitamin C 0%	
		Calcium 15%	
		Iron 4%	

This material was funded, in part, by USDA's Basic Food Program through Public Health—Seattle & King County. The Basic Food Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689.
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Public Health
Seattle & King County



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Kids can help by:

- Gathering ingredients and supplies
- Helping to pour ingredients in pan
- Helping to stir bulgur
- Helping to set table
- Helping with clean up



Nutrition Facts

Serving size: 1/2 of recipe (158g)
Servings Per Recipe 2

Amount Per Serving

Calories 160 Cal. from Fat 5

% Daily Value*

Total Fat .5g **1%**

Saturated Fat 0g **1%**

Trans Fats 0g

Cholesterol less than 5mg **1%**

Sodium 55mg **2%**

Total Carbohydrate 33g **11%**

Dietary Fiber 6g **26%**

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Protein 8g

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Calcium 15% Iron 4%

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Calculated without added salt.

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